

PASTURE AND PLENTY

AUGUST 31, 2026 | OMNIVORE

HOORAY, IT'S MONDAY!

We have a week of easy, farm-fresh meals for you, friends! Get excited for: a sheet pan supper that riffs off of Sicilian caponata with roasted potatoes and wild-caught Atlantic cod; a summery panzanella salad with cherry tomatoes, smashed cucumber, white beans, mozzarella and toasted Madison sourdough bread in a chile crisp vinaigrette; and a Filipino-inspired yellow chicken adobo loaded with broccoli, cauliflower and oyster mushrooms!



sheet pan caponata
with wild-caught Atlantic cod and
roasted potatoes



panzanella with white beans,
tomatoes, cucumbers and chile crisp
vinaigrette



yellow chicken adobo
with cauliflower, broccoli and oyster
mushrooms over brown rice



PRODUCER SPOTLIGHT

We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:

Vitruvian Farms

Bandung

Madison Sourdough, Co.

Belgioioso Cheese

Winterfell Acres

Driftless Organics

Green Barn Farm

Blue Moon Farms

Flyte Family Farm

EXTRA GOODNESS

chocolate cherry granola

Instructions: Store at room temperature and enjoy within two weeks.

Ingredients: Oats, maple syrup, coconut oil, dairy free chocolate chips, dried cherries, shredded coconut, vanilla, salt.

Contains: Coconut.

WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT

sheet pan caponata with wild-caught Atlantic cod and roasted potatoes

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Wild-Caught
Alaskan Cod

Vegetable Bag

Caponata
Sauce

Cherry Tomato

PAIR WITH
the rich and
flinty
Iconic Sidekick
Chardonnay
or
the drinkable
Up North
Wisconsin
Lager from
One Barrel
Brewing
Company

- 1 Keep fish frozen until you're ready to cook. To safely quick-thaw your fish: keep it in the vacuum-sealed packaging and submerge it in cold tap water, changing water every 30 minutes; it should take 30 to 60 minutes. Prep and consume fish immediately after thawing. Alternatively, store your fish overnight in the refrigerator to thaw. To thaw safely this way, make sure to cut a slit in the vacuum-sealed packaging so that air can circulate.
- 2 While oven is preheating, prep your veg. Wash and dry your tomatoes, eggplant, potatoes and peppers. Trim the stem end of the eggplant; cut into 1-inch pieces. Stem and deseed the pepper; also cut it into 1-inch pieces. Peel and trim the onion; cut it into 1/2-inch pieces. Cut the potatoes into rough 1-inch cubes. De-stem the tomatoes (if needed).
- 3 Preheat oven to 425°F. Get out two rimmed sheet pans; line with parchment paper.
- 4 Arrange the eggplant, pepper, tomatoes and onion on one parchment-lined rimmed baking sheet; put the potatoes on the other. Drizzle both trays with olive oil, sprinkle with salt and pepper, and toss vegetables to evenly coat. Bake, stirring occasionally, about 20 to 30 minutes. The vegetables on the eggplant tray should be soft and beginning to caramelize around the edges, while the potatoes should be starting to brown on the edges and get crispy.
- 5 Remove the tray with the eggplant from oven and reduce oven temperature to 350°F. Transfer the contents of the eggplant tray to a medium bowl and add the caponata sauce, tossing to combine. Using a fork or potato masher, mash until some of the vegetables have broken down and the mixture is creamy. (Don't overdo it; be sure to leave plenty of large chunks.) Let sit at room temperature while you prepare and cook the fish.
- 6 Using paper towels, pat the fish dry. Nestle the cod fillet(s) onto the sheet pan with the potatoes. Thinly coat with olive and season with salt and pepper. Bake until the fish is opaque and flakes easily with a fork, 10 to 15 minutes, depending on thickness of fish. Potatoes should keep getting even crunchier and more delicious.
- 7 Place your roasted potatoes and fish on your plate and top with the caponata. Enjoy!

Vegetable Bag: Eggplant, pepper, onion, potato **Caponata:** Green olive, red wine vinegar, caper, olive oil, garlic, parsley, sugar **Cherry Tomatoes,** Wild-Caught Alaskan Cod

Contains: Fish, olives

Keep the contents of your meal kit bag refrigerated unless otherwise specified.

② READY-TO-EAT

panzanella with white beans, tomatoes, cucumbers and chile crisp vinaigrette

Preheat oven to 300°F. Place croutons on a baking sheet and reheat for about 5 minutes until warm and crunchy.

Meanwhile, wash, dry and prep your vegetables. Smash the cucumbers with the side of your knife until ragged and split. Slice off the ends, then roughly chop into 1-inch pieces. Halve the tomatoes. Strip the kale from its stems, then roughly chop into bite sized pieces. Place all the veg in a large bowl.

Add the croutons, the mozzarella and the white beans to the large bowl with the vegetables. Drizzle with half of the chile crisp vinaigrette; stir to combine.

Season panzanella to taste with additional salt and chile crisp vinaigrette, then serve right away. Enjoy!

MSCo Croutons: Madison Sourdough bread (flour, water, salt), salt, pepper, olive oil

Vinaigrette: Canola oil, soy sauce, sesame oil, dijon mustard, rice vinegar, maple syrup, garlic, ancho chile, pasilla chile, guajillo chile, New Mexico chile, black sesame, white sesame, salt, sichuan peppercorn, salt **Mozzarella:** Pasteurized milk, cream, enzymes, salt **White Beans:** White Beans, parsley, chive, dill, thyme, apple cider vinegar, olive oil, salt **Vegetable Bag:** Cucumber, cherry tomato, kale

Contains: Wheat, soy, sesame, milk

③ FARM-TO-FREEZER

yellow chicken adobo with cauliflower, broccoli and oyster mushrooms over brown rice

See label for instructions and ingredients.



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm **T-F** 9am-7pm
SAT 9am-2pm